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**(54) NUTRITIONAL SUPPLEMENTARY FOOD**

**(57) Abstract:**

**PURPOSE:** To obtain a nutritional supplementary food containing many kind of nutritive elements stably, enabled to take these elements at once, excellent in preservation of useful and active many ingredients in the contents and high in absorbability in a body of person to be taken.

**CONSTITUTION:** The objective nutritional supplementary food obtained by covering a mixture consisting of algae carotene, natural vitamin E, vegetable lecithin,

shiitake mushroom powder and/or hot water extract of shiitake mushroom, Spirulina raw powder and/or hot water extract of spirulina, adlay and/or hot water extract of adlay, pollen and/or hot water of pollen and vegetable oil and fat and each containing vegetable oil and fat at an amount of 5-40%, natural vitamin E at an amount of 10-30%, total amount of spirulina, hot water extract of shiitake, adlay and pollen at an amount not exceeding  $\leq$ 40% based on total amount with a soft capsule.

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